# wo-Minute Beauty Chats

By Pauline Furlong

## How to Manicure Your Nails

EGIN with the thumb and cut the nails with the salssors if too long to file. Now file the nail from the side to the centre, and then the other side to the centre and never all the way around. File only one way, as the file only cuts one way and gives an unpleasant sensation if drawn across the nail in the wrong direction. File rather under the nail, but hold ick so as not to touch it with the file.

the orange stick gently

around the base of the null to

absorbent cotton wrapped around

an orange atick and auturated

with a good blench or plain lemon

harmless vegetable stain and will

ABOUT SKATING-CASSIE R.

NUTS FATTENING -MRS. PRAN-

on dressing, but not cream or French dressing when trying to lose weight,

may eat asparagus with a

all five fingers are filed, soak the finger tips in a bowl of warm, er to soften cuticle preparatory to pushing it back. Then dry and work the orange-wood stick gently around the base of the

own, to loosen the cuticle. dead cuticle will readily d and can be wiped off or towel. It is advisable the cuticle unless it is horny, as this has a great to coarsen it and make cutsaity. Just keep it loose d back gently with a towel you wash your hands. oth hands have been treat-

manner, clean the nails, as with a piece of absorbent apped around an orangek and saturated with any sh or plain lemon juice. are then ready for polisha little nail salve-cocos ive oil or vaseline-should ed over them until they apn and smooth. Rub the surthe nails with the buffer until of the grease have disapand then finish by rubbing with the polisher, using any the good nail polishes which the market for this purpose. polish the nails too strenubecause the friction causes eat and may burn you.

scrape the surface of the struments before and after using by th glass, and sterilize all in- dipping in hot water.

## Inswers to Health and Beauty Questions EDUCE FAT ON SHOUL- cotton several times each week. Af-

LADES—MRS. H. G. D.: I ter two weeks shampoo with pure castile soap, melted. The walnut stain is made from one-half peared dried black walnut shells, steeped in a pint of het water until cold and then strained. Use this on the hair with a hair brush each day. This is

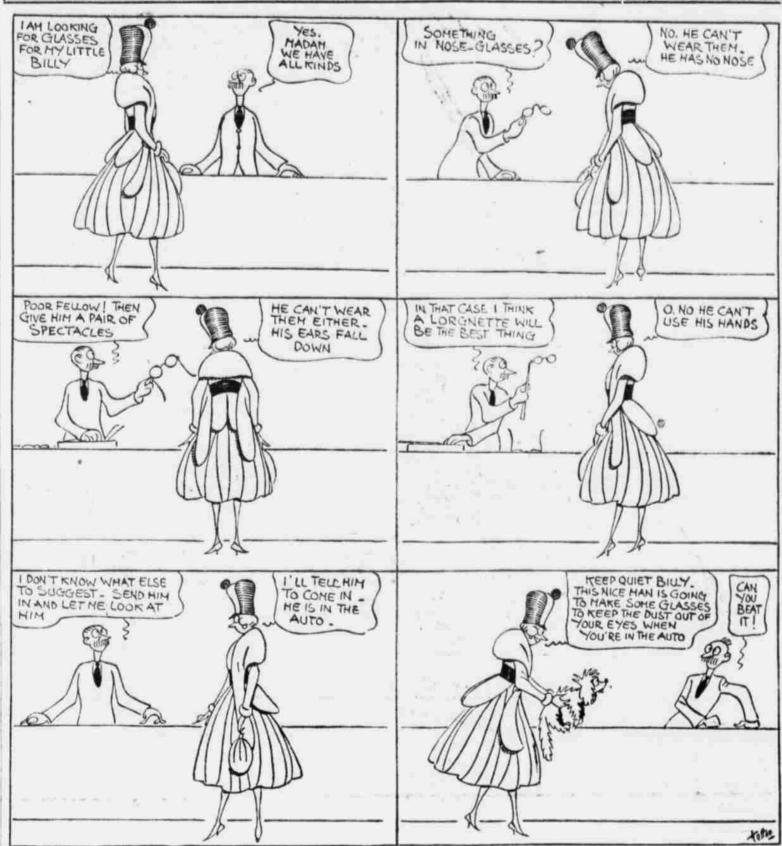
YS CHILLY-MRS. HARRY rub off. the slightest draught chills blood circulation must be Ice or roller skating affects the mus-cles in the calf of the leg, hips, thighs and ankles. It will either reduce or develop, according to how often and how stremuously you skate. Take hot baths in morning, d by quick cold shower, an oil over the body, and five minvigorous exercises at intervals the day. This will improve regulation and keep you warm. s breaths deeply. CES G.; If you are trying to reduced not eat nots of any kind. You

DETARIAN DIET-MRS. WAL-D.: One who cats eggs and is not, strictly speaking, a rian. Poultry, game, fish, b, eggs, milk, cheese, sweet-, gelatine, consomms and all preparations such as meat and fellies, as well as meat, be avoided if you wish to be a

OMAINE POISON — MRS. DE T.: Foods which have begun oil and improper sterilizing of d ones are usually the cause o bringing about this dangerou

# Can You Beat It!

## By Maurice Ketten



## The Evening World's Kiddie Klub Korner

Conducted by Eleaner Schorer

## ALL KIDDIE KLUB MEMBERS

Are Cordially Invited to Attend the Klub's Patriotic Party To Be Held at the MAJESTIC THEATRE, BROOKLYN. APRIL 6, 1918, 10 A. M. Please Bring an American Flag.

Come and Show Your Loyalty to Klub and Country. Klub members must wear their pins in order to come to our party, and not more than one adult will be permitted to accompany a member.

Of course the Kiddles who take part in the performance will not be able to remain with their parents. For this reason two tickets, calling for scats to be reserved until 10 A. M., have been given to the parents of each performer. Parents of children taking part will not be permitted back of stage. The members who are to perform will be admitted at stage entrance by wearing their Klub pins.

Every man, woman, Kiddle Klub member, parent or friend who attends our party will be requested to invest in one or more Thrift Stamps before entering the theatre. Thrift Stamps are twenty-five cents each. The stamps belong to the purchaser and the quarters to Uncle Sam. Government agents will sell these stamps in the lobby of the Majestic

### RESERVED SEATS For Kiddie Klub Members Living Outside of Greater New York.

If you live outside of Greater New York, are a Kiddle Klub member and wish to come to the Kiddle Klub Patriotic Party, write to me so that I receive the letter no later than April 1 and I will send you two tickets, which will call for seats to be reserved until 10 A. M. on April 6, the day of our Patriotic Party, State Name, Address and Certificate Number schen requesting reserved seats.

All members should come and show their love and loyalty to our country and our Klub

Cousin Eleanor.

## Seeing America By Uncle Harry

whom Trix and Teddy had made friends on the eight-day trip by rich. steamer from Seattle. They saw a town spread out along the bleak shore of Bering Sea. It was Nome, far up America. Most of them were hard toward the Arctic Circle on the west

"I came here in "98," their friend went on. "Gold had been discovered

(4 THERE she is!" exclaimed the of us. It seemed as easy as picking big, brown-faced man with money up out of the street, so there was a wild rush of men, crazy to get

"The first year 20,000 came, and fo a while this was the wildest spot workers, but there were many bad men and gamblers, so we saw some exciting times. The first winter was terrible. It was bitter cold and foot was so scarce and high it was hard to get enough to eat. But we pulle through and things settled down."

It seemed a long way from Ner Fork when they came ashere, but the flag on the United States Cour House reminded them that they was on American soil. Their steamer friend showed them the Young Men a Christian Association, the hospital



The Housewife's Scrapbook

The Housewife's Captook

The Housewife's Cap